



Detailed Instructional Plan for Curriculum

Learner Characteristics:

This curriculum was designed for high-school age youth living in Orange County. It may be implemented in a school classroom or youth group setting.

Educational Goal:

The goal of this program is to increase awareness about the functions of public health as well as explore possible career options in the public health field.

Educational Concept:

Increased awareness about role that public health plays in promoting and maintaining healthy communities will encourage youth to explore careers in public health.

Educational Objectives:

At the conclusion of this Presentation, students will be able to:

1. Identify a correct description of public health
2. Recall at least three ways in which public health affects their daily lives.
3. Identify how public health has improved the health status of individuals and communities.
4. Name at least three possible careers in the field of public health.

Instructional Aids:

The following materials will be needed for the implementation of this training program:

- ❖ Presentation overheads
- ❖ Pre/post-test
- ❖ Pencils
- ❖ Handout #1, "A Day in Your Life with Public Health."
- ❖ Handout #2, "Public Health Careers: An Overview"
- ❖ Small prizes (enough for everyone in the class)

Time, Content, Methodology, and Evaluation:

Time	Content	Methodology	Evaluation
5 min	Introduction and Knowledge Survey	Informal lecture format and testing format	Attendance, participation, verbal and knowledge assessment
10 min	What is Public Health?	Informal lecture format	Verbal, and participation
5 min	Effects of Public Health on Health Status	Informal lecture format	Verbal assessment and participation
15 min	Careers in Public Health	Informal lecture format and interactive activity	Verbal assessment and participation
10 min	Informal questions and discussion between instructors and students about job responsibilities, and careers in public health	Informal lecture format	Verbal, and participation
5 min	Conclusion and knowledge survey	Informal lecture format and testing format	Verbal assessment and participation
Total: 50 min			

Introduction and Knowledge Survey

Time: 5 minutes

Supplies: Pre/post-tests

Educational Objective:

Procedures:

1. Tell the students that today, we are going to learn about public health:
 - ❖ Definition and responsibilities of public health
 - ❖ How public health has improved health status of Americans
 - ❖ Possible careers in public health
2. To help us learn how much you already know before we start our presentation, please complete the “Time 1” part of your “Tell Me What You Know” handout.

What is Public Health?

Time: 10 minutes

Supplies:

- ❖ Handout #1, “A Day in Your Life with Public Health.”

Educational Objective:

Upon completion of this unit students will be able to:

- ❖ Identify a correct description of public health.
- ❖ Recall at least three ways in which public health affects their daily lives.

Procedures:

1. Ask the students what they think public health is.
2. Tell them that public health is “what we, as a society, do collectively to assure the conditions in which people can be healthy.”
(Sources: APHA, Institute of Medicine)
3. Tell the students that public health is different from the field of medicine.
Medical care
 - ❖ Doctors treat individual patients one-on-one for a specific disease or injury.
 - ❖ Therefore, **patients need medical care only part of the time.**
Public health
 - ❖ Activities focus on entire populations rather than on individual patients.
 - ❖ Public health professionals monitor and diagnose health concerns of entire communities and promote healthy practices and behaviors to assure our populations stay healthy.
 - ❖ Therefore, **communities need public health all of the time in order to stay healthy.**
4. Ask the students what they think that the responsibilities of public health include.
Answers may include:
 - ❖ Prevents the spread of disease
 - ❖ Keeps the environment safe
 - ❖ Prevents injuries
 - ❖ Promotes healthy behaviors
 - ❖ Responds to disasters
 - ❖ Assures quality healthcare
5. Tell the students that to demonstrate the daily impact that public has on our lives, we will read to them a short scenario: “A Day in Your Life with Public Health.”

Effects of Public Health on Health Status

Time: 5 minutes

Supplies: None

Educational Objective:

Upon completion of this unit students will be able to:

- ❖ Identify how public health has improved the health status of individuals and communities.

Procedures:

1. Ask the students if they think that Americans are more or less healthy today than they were at the turn of the century.
2. Tell them that because of public health, Americans now enjoy better health, live in healthier conditions, know more about how to take care of their health, and live longer than at any time in the past.
 - ❖ LIFE EXPECTANCY--Since 1900 life expectancy has risen from 47 years to 75 years in 1990.
 - ❖ INFANT MORTALITY--Between 1950 and 1990 infant mortality decreased from 29 to 9 per 1,000 live births.
(Source: Simons-Morton, et al, 1995)
 - ❖ CAR CRASHES--Between 1966 and 1992, the fatality rate per 100 million vehicle miles of travel decreased from 5.5 to 1.7.
(Source: National Highway Traffic Safety Administration)
 - ❖ SEAT BELTS—Seat belt use rose from 14% in 1983 to 68% in 1996.
(Source: National Highway Traffic Safety Administration)
3. According to a new government report released in late 1997, Public Health has made significant gains in keeping Americans healthy.
(Source: Public Health Week Planning Guide)
 - ❖ In 1996, compared with 1995:
 - ❖ Significantly fewer patients died of AIDS
 - ❖ Fewer teenagers gave birth
 - ❖ More women received prenatal care
 - ❖ Infant mortality dropped to an all-time low

Careers in Public Health

Time: 15 minutes

Supplies:

- ❖ Handout #1, “A Day in Your Life with Public Health.”
- ❖ Handout #2, “Public Health Careers: An Overview”

Educational Objective:

Upon completion of this unit students will be able to:

- ❖ Name at least three possible careers in the field of public health.

Procedures:

1. We have discussed numerous functions that public health plays in the community. Likewise, there are also many possible career opportunities in the public health.

2. Ask the class to call out professions or jobs in public health. (Write ideas on the board)

Answers may include:

- | | |
|-----------------------------------|-----------------------------|
| ❖ Health Educator | ❖ Social Worker |
| ❖ Public Health Nurse | ❖ Registered Dietitian |
| ❖ Environmental Health Specialist | ❖ Psychologist |
| ❖ Epidemiologist | ❖ Lab Technician |
| ❖ Food Inspector | ❖ Community Outreach Worker |
| ❖ Animal Control Worker | |

3. Tell them that in their packets, they should have the handout, “Public Health Careers: An Overview.” Listed are various public health professions, job descriptions, and salary ranges. There are also resources to learn more about these professions.

4. To help us start thinking about possible careers and the roles that they play in public health, we’re going to do an activity.

5. Break students into groups of 4-5.

6. Pass out the handout, “A Day in Your Life with Public Health.”

7. Tell students that in their groups, they are to re-read the handout, “A Day in Your Life with Public Health.” However, this time, for each public health example, the group should decide which public health workers are needed to keep our community healthy. (Allow 10 minutes)

8. After students are finished, go through each public health example and have students call out their ideas for public health workers needed for each.

9. After the activity is completed, emphasize the point that many people work in different jobs to keep us healthy. Maybe after today, some students might like to learn more about some of these jobs.

10. Students can learn more from their career counselors, the library, the internet, or by talking to people in these jobs.

Questions and Discussion about Careers in Public Health

Time: 10 minutes

Supplies: None

Educational Objective:

Upon completion of this unit students will be able to:

- ❖ Name at least three possible careers in the field of public health.

Procedures:

1. Tell the students that this will be an informal opportunity to listen and ask question about what each of us does in our jobs as public health professionals.
2. Have speakers briefly describe what he or she does in their work. Include job title, brief job description, and qualifications.
3. Invite the students to ask questions.

Conclusion and Knowledge Survey

Time: 5 minutes

Supplies: Pre/post-tests

Educational Objective:

Procedures:

1. Tell the students that today, we have learned many new things about public health:
 - ❖ Definition and responsibilities of public health
 - ❖ How public health has improved health status of Americans
 - ❖ Possible careers in public health
2. To help us learn how much you have learned from our presentation, please complete the “Time 2” part of your “Tell Me What You Know” handout.

Handout #1

A Day in Your Life with Public Health

Because of public health, Americans now enjoy better health, live in healthier conditions, know more about how to take care of their health, and live longer than at any time in the past.

6:00 am: The buzz of the alarm clock wakes you. Rubbing your eyes, you stretch and climb out of bed. You head for the shower and then brush your teeth, taking for granted that the water coming out of the faucet is clean. It is safe to use, thanks to public health.

6:30 am: You then head to the kitchen. Even though mornings are rushed, you have heard the public health messages about the importance of a healthy breakfast. You set out milk, fresh fruit, cereal and whole grain muffins.

7:30 am: Pulling on coats and gathering bags, your family heads for the car. Fastening seatbelts is an automatic habit for all of you. Public health helped pass seat belt and infant car seat laws and continues to educate the public about the importance of using them. Statistics show that seat belts save an estimated 5,344 lives and prevent an estimated 139,200 injuries per year nationally.

7:50 am: Your mom drops you off at school. You notice that a "Smoke Free Building" sign is posted. For years, public health has been educating people about the deadly health effects of tobacco and second hand smoke.

10:45 am: Bored in class, you read a letter from your sister. She mentions that she and her new baby have just returned from the pediatrician. She says the six-week check up went great! Public health promotes early prenatal care for all pregnant women and well-baby check-ups for new parents.

12:35 pm: For lunch you stop at the cafeteria and make a quick trip through the salad bar. You naturally assume the food is safe to eat, because public health oversees the inspection and licensing of restaurants.

1:15 pm: Back in class, you hear the sound of sirens as an ambulance hurtles down the street outside your building. Thanks to public health it is fully equipped, the paramedics fully

trained and a trauma system is in place to ensure that critically injured persons will have the best possible chance of survival.

3:00 pm: The school day ends and you head for your car. Driving home, you turn on the radio and hear a public service announcement sponsored by California Department of Health Services. It advises parents to make sure their children get all their shots by age two. Public health promotes early childhood immunizations to protect toddlers from serious, sometimes crippling, and even fatal childhood diseases.

3:15 pm: You head for home. You want to ride your bike while the sun is still warm. You wear your helmets. Public health strongly supports the use of bike helmets and was part of a coalition that helped to pass the Bike Helmet Law. Since passage, helmet use by Californian children under 18 has increased and bicycle-related head injuries have decreased dramatically.

6:30 pm: Your mom calls you for dinner and reminds you to wash your hands before eating. Public health teaches that proper hand washing is a primary protection against disease and prevents the spread of communicable diseases.

7:00 pm: Tonight's news story is about managed care and its impact on medical care. The camera travels to the local health department. The administrator is interviewed and she explains how public health promotes healthy communities through its focus on prevention. She points out that programs such as women, infants and children (WIC) nutrition, immunizations, family planning and breast and cervical cancer screening are sound investments that will save tax dollars later. You are surprised to hear that only one percent of the nation's health expenditures go toward public health promotion and prevention activities, while the remaining 99 percent are spent on medical treatment.

10:00 pm: It is time for bed and you drift off to sleep. Public health has touched your lives in countless ways today, working behind the scenes to keep you all safe and sound.

Handout #2

Public Health Careers: An Overview

Public Health careers cover a broad array of specializations. Most of these fields require graduate level education. Salary ranges listed below are for within one year of graduation. Of U.S. graduates, 95% of those who wanted to be employed, were employed and on the average found employment within two months of graduation.

Health personnel shortages exist in practically every area of specialization in the fields of public health. Factors which influence the need for these occupations include concerns about pollution, hazardous waste disposal, managed care disease prevention policies, an aging population, infectious diseases such as HIV/AIDS, multi-drug resistant diseases, substance abuse and other factors. These shortages are expected to continue well into the next century.

For more information, contact:

The Association of Schools of Public Health at: www.asph.org

The American Public Health Association at: www.apha.org

BIOMEDICAL AND LABORATORY PRACTICE

Career opportunities exist for many specialists such as bacteriologists, microbiologists, and biochemists who use laboratory techniques for the diagnosis and treatment of disease and the investigation of conditions which affect health status.

\$21,000-\$47,250

BIOSTATISTICS

Career opportunities in this area involve the application of statistical procedures, techniques, and methodology to characterize or investigate health problems and programs.

\$22,000-\$42,000

ENVIRONMENTAL SCIENCES

Career opportunities are found in many diverse disciplines such as chemistry, toxicology, and engineering and are concerned with the identification and control of factors in the natural environment (air, water, land) which affect health.

\$29,700-\$95,800

EPIDEMIOLOGY

Due to a nationwide shortage, opportunities abound for specialists trained in the systematic study of the distribution and determinants of disease or disability in population groups.

\$25,450-\$90,825

HEALTH EDUCATION

These specialists use specific methods, skills and program strategies to help people change to healthier lifestyles, to make more efficient use of health services, to adopt self-care practices, and to participate actively in the design and implementation of programs that affect health.

\$22,000-\$57,570

HEALTH SERVICES ADMINISTRATION

Persons seeking careers in administration or resource management in the public or private sector of health service delivery can specialize in planning, organization, policy formulation and analysis, finance, economics and marketing.

\$24,700-\$107,600

INTERNATIONAL PUBLIC HEALTH

For persons seeking international careers, this field encompasses virtually all specializations in public health and focuses on improving health standards in developing countries.

\$21,000-\$57,750

NUTRITION

In short supply in the public and private sectors, these specialists are concerned with the study of the interaction between nutrients, nutrition and health, and the application of sound nutritional principles to maintain good health.

\$21,000-\$47,250

OCCUPATIONAL SAFETY AND HEALTH

Specialists employed in this field are concerned with the identification of health and safety hazards related to work and the work environment, as well as their prevention and control.

\$27,300-\$84,000

Public Health

TELL ME WHAT YOU KNOW

For each question, choose the letter that you agree with most.

Time Time
#1 #2

1. _____ _____ **Which of the following is a responsibility of public health?**
 - A. Prevents the spread of disease
 - B. Keeps the environment safe
 - C. Prevents injuries
 - D. Promotes healthy behaviors
 - E. All of these

2. _____ _____ **Which of the following statements does NOT describe public health.**
 - A. Public health is “what we, as a society, do collectively to assure the conditions in which people can be healthy.”
 - B. Public health activities focus on entire populations rather than on individual patients.
 - C. Public health only treats individual patients one-on-one for a specific disease or injury.
 - D. Communities need public health all of the time in order to stay healthy.

3. _____ _____ **Since 1900, people are _____.**
 - A. Living longer
 - B. Dying younger
 - C. Living about the same number of years

4. _____ _____ **Since 1966, the number of people dying in car crashes has _____.**
 - A. Increased
 - B. Decreased
 - C. Stayed about the same

5. _____ _____ **Are you interested in some day working in the field of public health?**
(There is no right answer)
 - A. Yes
 - B. No
 - C. Maybe

6. **Name three possible careers in public health.**

Time 1

A. _____

B. _____

C. _____

Time 2

A. _____

B. _____

C. _____